

LIVING AS AN EX-SMOKER

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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Now that you are **LIVING AS AN EX-SMOKER**, you should learn the positive and negative effects of quitting smoking and their effects on the human body.

BENEFITS

The positive benefits to quitting smoking will accrue as time goes on. Physical improvements that you may experience are **INCREASED ENERGY LEVEL, INCREASED LUNG CAPACITY** making it easier to breathe, **IMPROVED SENSE of TASTE AND SMELL, DISAPPEARANCE of SMOKER'S COUGH, and GREATER ALERTNESS.** The damage to your body from smoking is reversible. If you stop before you have emphysema or lung cancer, you can count on the risk for these diseases going back to that of a nonsmoker in less than 7 years. Your risk for heart disease will reduce almost immediately after you stop putting nicotine into your body.

PITFALL

There is one *POSSIBLE* negative effect of quitting smoking: **WEIGHT GAIN.** This negative is avoidable with a little planning ahead to avoid the following pitfalls:

FIRST, you may feel a need for something in your mouth to replace cigarettes.

SECOND, you may decide to treat yourself by indulging in extra food or sweets as a reward for having stopped smoking.

THIRD, as your sense of taste improves so does your desire to eat.

FOURTH, your overall health may improve and you may have a better appetite for that reason.



FIFTH, there can be a change in metabolism sufficient to lead to weight gain even with no increase in eating.

SOLUTIONS

It is possible to deal with all of the above situations by planning ahead. For instance, in the first case, you could use cinnamon sticks instead of sweets to put in your mouth. In the second, you could select a non-food reward for stopping smoking. In **ALL CASES**, you can avoid weight gain by adding physical exercise to your daily routine and focus on adding low-calorie foods to your diet. **STAY AWAY FROM HIGH CALORIE FOODS THAT ARE NOT NUTRITIOUS.** Most importantly, make sure you are eating a healthy balanced diet.



Quitting smoking is a huge step toward becoming a healthier person. As you have improved on this one area of your life, stay focused on adopting other healthy lifestyle changes such as exercising regularly and eating healthy. You may find that these changes follow spontaneously after you quit smoking.

REMEMBER being an ex-smoker is not always easy. Kick out your bad habits and try to maintain a healthy lifestyle from this day forward.



You Quit
Smoking...

Congratulations!!

What An Achievement!